

## ABSTRACT OF THE DISCLOSURE

Portable cards that facilitate timely and consistent repositioning of bedridden patients include a base having a generally rigid, rectangular configuration with first and second planar surfaces. Indicia is provided on the first planar surface in a table of two columns and twelve rows. The first column includes sequential two-hour time segments of a twenty-four hour day and the second column includes patient positions. Accordingly, each row in the table includes a time segment and a respective patient position. Each patient position indicates orientation of a patient relative to a room in which the patient is located.

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